



HINDU CENTER OF ATLANTA

2010 Kelly Mill Road, Cumming, GA 30050

Tel: 770-666-3456

Email: hinducenterofatlanta@gmail.com



Reflections on the Motivational Video: Main Samay Houn

I am the immortal time...

<https://www.youtube.com/watch?v=7eiihNUng5Y>

The 3 evergreen questions at the end of the video are inspiring.

1. Do we have the courage to change with the changing times?
2. Do we always want to remain on top?
3. Are we ready to change with the times?

If our answers are YES, Know that behind yesterday's success, today's victory and tomorrow's conquests there is only one strategy ...that is CHANGE ...Change in our Thoughts then Change in our Actions.

If we are with Time ...Time is on our side

Then, whatever the times may be ...We shall succeed.

(sd) *I am the immortal time*

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Reflections on the present circumstances

The Changes we need to implement

- ☛ Tame our Monkey Mind which send us more on the outside
- ☛ Travel inside and check our compliance to the following:
 - (1) *Dhriti* [Patience]; (2) *Kshamaa* [forgiveness, compassion]; (3) *Dama* [fortitude]; (4) *Asteyam* [non-stealing]; (5) *Saucham* [physical & mental cleanliness]; (6) *IndriyaNigraha* [self-restraint, control of the senses]; (7) *Dhi* [wisdom, common sense]; (8) *Vidya* [true knowledge]; (9) *Satya* [truthfulness, honesty in thoughts, words & physical actions]; (10) *Akrodha* [non-anger]

The present-day world has been leading us to major deviations from these universal, evergreen living values of humanity, Dharma (righteous living). We need a paradigm shift:

- ☛ Embark on the inner voyage rather than going outside
- ☛ Stop consuming for the sake of pleasing others & be content on the essentials
- ☛ Rather than panic buying and hoarding, observe *aparigraha* (non-accumulation of more than required & superfluous things).

Acharya Bramdeo (+1-770-666-3435)

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